

COMMANDER'S HOUSE
ADULT AND SENIOR
COMMUNITY CENTER

COMMANDER'S HOUSE
STAFF

Parks & Recreation

- Site Supervisor
Kevin Sykes
- Director
Gloria De La Cruz-Sandoval
- Community Center Leader
Jorge De La Rosa Jr.
- Community Center Leader
Angel Ruiz

HEB Staff

- Chef
Albert Rodriguez

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Bugle Call

November/December 2015

A Big “Bravo” for Bravo for ArtAbility!



Best In Show, James Abernathy (Middle) with Councilman Warrick and Janie Castillo, Judge.

The Commander’s House announced the winners of the annual Bravo for ArtAbility art exhibit, a competition honoring the passion and extraordinary talents of seniors around the city. Judges awarded Best in Show, First, Second, Third place by category, and Honorable Mention. People’s Choice was also awarded as voted on by all those in attendance on the night of the event. There were five art categories for this exhibit with winners in each

category. Congratulations once again to all our winners and thank you to everyone who participated in Bravo, whether you visited as a spectator or a served as a volunteer. It is because of YOU Commander’s House and our partners are able to put on this exciting and fun event!



Pictured Above: The Bravo Award-winning artists with Councilman Trevino’s Staff and CPS Casa Verde Great Day SA Spokesperson Albert Cantu. Pictured from left: People’s Choice winning artists, Lydia Lerma. For a full list of winning artists, See pg 5.

November Dates-To-Remember

November 2015

- 1 - MEMBERSHIP PRIZE DRIVE BEGINS
- 2 - Bingo 1:30 p.m.
- 4 - Birthday Bash 11:30 a.m.
- 6 - Rise and Shine Event 9:30 a.m.
- 10 - Veterans Day Recognition 10:30 a.m.
- 10 - Veterans Day Luncheon 12:00 p.m.
- 11 - Center Closed / Veterans Day
- 17 - Turkey Bowl 9:30 a.m.
- 17 - Thanksgiving Day Lunch 12:00 p.m.
- 18 - Thanksgiving Day Lunch 12:00 p.m.
- 19 - Thanksgiving Day Lunch 12:00 p.m.
- 23 - Christmas Decorating - All Day
- 24 - Christmas Decorating - All Day
- 25 - Christmas Decorating - All Day
- 26/27 - Center Closed Thanksgiving Holiday

PROGRAM CLASS SCHEDULE - Session I October thru December 2015

MONDAY

10:00 - 2:00	AARP SAFETY DRIVING (December 14)	JIM LONG	\$15/Member-\$20/Non Member
9:30 - 11:30	PLAY WITH CLAY	ROBERT CANEDO	\$40 Per 8 Classes
1:00 - 3:30	STAINED GLASS ART	LARRY DE LUNA	\$40 Per 8 Class Session

TUESDAY

*9:00 - 10:00	F.I.T.P. POWER WALKING	GLORIA DELA CRUZ/ANGEL RUIZ	FREE
*10:00 - 11:00	F.I.T.P. CIRCUIT TRAINING	RAMIRO RUSSEL	FREE
*11:00 - 11:45	Flex & Stretch (Oct-Dec)	GLORIA SANDOVAL	FREE
11:00 - 12:00	KARAOKE CLUB	ANDY GALAN	FREE
1:00 - 3:00	JEWELRY MAKING CLASS	JANIE CASTILLO	SUPLY FEE VARIES
1:15 - 3:30	COMMANDER'S HOUSE BINGO (1st Tuesdays 11/2 & 12/1 Only Due to Holiday Closures)	GLORIA DIAZ	GAME DUES
1:30 - 3:30	OPEN ART STUDIO	CLASSROOM I	ENROLLMENT IN AN ART CLASS
1:30 - 3:30	OPEN STAIN GLASS STUDIO	CERAMICS	ENROLLMENT IN STAINED GLASS

WEDNESDAY

*9:00 - 10:00	TAKE OFF POUNDS SENSIBLY	ROSE GUIA	TOPS & CoSA MEMBERSHIP REQUIRED
9:30 - 11:30	RIBBON FLOWER MAKING	ALICE BERAIN/ ESTELLA MARTINEZ	FREE
9:30 - 11:30	KNITTING/CROCHETING	GLORIA TREVINO	FREE
10:00 - 11:00	HAND PERCUSSION & KEYS Holiday Special	JAVIER GARCIA	\$30 PER SESSION 60 & OVER OR
11:00 - 12:00	BEGINNING GUITAR	JAVIER GARCIA	\$60 PER SESSION 18 - 59
11:00 - 12:00	INTERMEDIATE GUITAR	ARMANDO MARTINEZ	\$60 PER SESSION
10:30 - 12:00	QUILTING BEE	ROWENA LOPEZ	FREE
1:30 - 3:30	PAINT WITH LILLIE	LILLIE BALTAZAR	\$30 PER 8 SESSIONS
1:30 - 3:30	CERAMICS OPEN STUDIO (Oct-Dec)	JORGE DE LA ROSA	FREE

THURSDAY

*9:00 - 10:00	F.I.T.P. POWER WALKING	GLORIA DELA CRUZ/ANGEL RUIZ	FREE
9:30 - 11:30	PLAY WITH CLAY	ROBERT CANEDO	\$40 Per 8 Classes
*10:00 - 11:00	Cardio Fit (Oct-Dec)	GLORIA SANDOVAL	FREE
*11:00 - 11:30	LINE DANCE FOR FITNESS	OLIVIA VALDEZ	FREE
10:30 - 11:45	C.H. BOOK CLUB (11/19 & 12/17)	JUANITA ASHER	FREE
1:30 - 3:30	PAINT WITH LILLIE	LILLIE BALTAZAR	\$30 PER 8 SESSIONS

Friday

8:15 - 9:15	INTERMEDIATE GUITAR	BILL DOBBS	\$20 SUPPLY FEE PER MONTH
9:30 - 10:30	BEGINNER GUITAR	BILL DOBBS	\$20 SUPPLY FEE PER MONTH
1:30 - 3:30	OPEN ART STUDIO	CLASSROOM I	ENROLLMENT IN AN ART CLASS

Classes are Co-Ed. Classes are subject to change. Minimum enrollment and attendance applies.

***Students are asked to check with their doctors before participating. ALL CLASSES ARE CO-ED**

Students - Check with staff for any change that may occur after newsletter goes out.

Guitar Classes - Are by sessions - Please check with staff on starting dates.

For more information on all classes call staff at (210) 207-3010

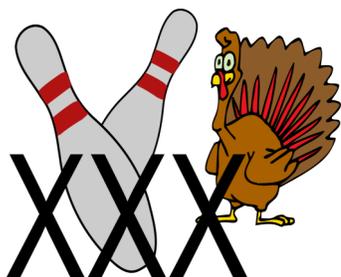
Holidays Center is CLOSED: November 11, 24 and 25. December 24 and 25. January 1.



Helping Here.

Chef

Albert Rodriguez



TURKEY BOWL

NOV 17, 2015

9:30 - 11 A.M.

SIGN UP TODAY!

FOOD ALLERGY NOTICE

We serve foods that contain milk, wheat, soy, eggs, peanuts, tree nuts, fish and shellfish. Though we appreciate the challenges posed by anyone having a food allergy, food sensitivity or food intolerance, we do not have the ability to accommodate any such allergies, sensitivities or intolerances at this time. Upon request, we will provide you with any ingredient information available to us but there is always a risk of contamination. If in doubt about what precautions you can take or what risks you may expose yourself to, please consult with a physician as neither the HEB Kitchen Staff nor the Commander's House Staff can make those decisions for you.



CITY OF SAN ANTONIO
PARKS & RECREATION

LUNCH IS BY RESERVATION ONLY. PLEASE MAKE RESERVATIONS BY WEDNESDAY OF THE PREVIOUS WEEK WITH JORGE AT 210.207.3012.

November 2015

Tuesday, November 3
Pork Roast,
Mushroom Rice, Broccoli,
Salad, Roll,

Tuesday, November 10
Parmesan Chicken,
Orzo Pasta, Broccoli Soup,
Salad, Roll,
Cheesecake

Tuesday, November 17
Thanksgiving Lunch
Turkey & Dressing, Mashed Potatoes,
Green Bean Casserole, Salad, Roll,
Pumpkin Pie

Tuesday, November 24
No Lunch

Wednesday, November 4
Fried Chicken,
Mashed Potatoes, Green Beans,
Salad, Cornbread,

Wednesday, November 11
Commander's House Closed
in Honor of Veteran's Day

Wednesday, November 18
Thanksgiving Lunch
Turkey & Dressing, Mashed Potatoes,
Green Bean Casserole, Salad, Roll,
Pecan Pie

Wednesday, November 25
No Lunch

Thursday, November 5
Meatloaf,
Mac & Cheese, Peas & Carrots,
Salad, Roll,

Thursday, November 12
Gulf Fried Shrimp,
Baked Potato, Normandy Blend
Vegetables, Salad, Garlic Bread,
Chef Choice Dessert

Thursday, November 19
Thanksgiving Lunch
Turkey & Dressing, Mashed Potatoes,
Green Bean Casserole, Salad, Roll,
Apple Pie

Thursday, November 26
Center Closed In
Observance of
Thanksgiving

We are seeking volunteers to help the staff decorate the house for Christmas Open House. No experience necessary. All decorating will be done November 20, 23, 24, & 25. Anyone interested in assisting please see Jorge or Angel.

December 2015

Tuesday, December 1
Breaded Fish,
Mac & Cheese, Santa Fe Blend,
Salad, Roll,

Tuesday, December 8
BBQ Chicken Breast,
Rosemary Potatoes, Spicy Corn,
Salad, Roll,
Cherry Pie

Tuesday, December 15
Christmas Lunch
Ham,
Scalloped Potatoes,
Corn Medley, Salad, Roll,
Tiramisu

Tuesday, December 22
Kitchen Closed

Tuesday, December 29
Kitchen Closed

Wednesday, December 2
Tamales,
Spanish Rice, Pinto Beans,
Salad,

Wednesday, December 9
Salisbury Steak,
Mashed Potatoes, Peas & Carrots,
Salad, Cornbread,
Oatmeal Cookie

Wednesday, December 16
Christmas Lunch
Ham,
Scalloped Potatoes,
Corn Medley, Salad, Roll,
Pumpkin Pie

Wednesday, December 23
Kitchen Closed

Wednesday, December 30
Kitchen Closed

Thursday, December 3
Chicken Alfredo,
Pasta, Italian Vegetables,
Salad, Garlic Bread,

Thursday, December 10
Tuna Melt Sandwich,
Spring Mix w/Strawberry Vinaigrette,
House Soup,
Cupcake

Thursday, December 17
Christmas Lunch
Ham,
Scalloped Potatoes,
Corn Medley, Salad, Roll,
Pecan Pie

Thursday, December 24
Center Closed for
Christmas Eve

Thursday, December 31
Kitchen Closed

VETERANS DAY CELEBRATION



COMMANDER'S HOUSE ADULT & SENIOR CENTER

“In the Heart of the Old Arsenal 1883 - 1946”

November 10, 2015

10:30 a.m. - 1 p.m.

622 S. Flores

San Antonio, Texas 78204

Come join us as we honor and recognize veterans on this special day. Veterans and guests alike will enjoy a Flag Ceremony by the American Legion Post 485 Color Guard, Guests Speakers, Entertainment, and a Special Luncheon by Chef Albert and H-E-B. Veterans wishing to participate may contact a staff member to sign up for recognition ceremony and luncheon. Lunch for veterans is complimentary all other guests and members are \$3 each.

**ADVANCE SIGN UP FOR VETERANS AND LUNCHEON
RESERVATIONS REQUIRED. CALL 210.207.3010.**

LUNCH BITES: Mmm...Mmm...Good!



Our lunch program of course! On Tuesdays, Wednesdays, and Thursdays, H-E-B helps sponsor a complete hot, home cooked lunch for just \$3.00. That's right, you read it correctly. H-E-B has been a proud partner of the Commander's house for 18 years strong. It's the best deal in town. What's the catch? Well, lunch is by reservation only, so come in and make your reservation today! While you are here, stay and check out some of the other great programs the center offers. Reservations are due by Wednesday of the previous week and seating is limited so the sooner the better.

For lunch reservations, call 210-207-3010 or stop by in person.

Your Commander's House Family

Gloria, Angel, Jorge, Albert, & Jen!

THANKSGIVING LUNCHES

NOVEMBER 17, 18, & 19, 2014

12:00 P.M.



CHRISTMAS LUNCHES

DECEMBER 15, 16, & 17, 2015

12:00 P.M.

The Holidays are right around the corner, this means our H.E.B. Thanksgiving & Christmas Lunches are coming up. We all know how packed this place gets for our turkey and all the trimmings so make your reservations early! We do ask you to consider limiting your reservation to one luncheon this holiday week as we have more requests for lunch than seats each day. This way we can give every member an opportunity to enjoy this festive and delicious meal. If we have not reached full capacity by the lunch deadline, we will allow members to make additional reservations. Do note group reservations must prepay.

A Big "BRAVO" for Bravo for ArtAbility! Continued...

Best In Show:

James Abernathy - "The Coliseum"

People's Choice:

Lydia Lerma - "Tori"

Category I: Painting/Drawing

1st Place

James Abernathy - "The Colisseum"

2nd Place

Mariana Guerero - "Apples & Pears"

3rd Place Victor Tello - "Mi Gallo"

Honorable Mention

Jean Evans - "Onion Duo"

Honorable Mention

Lupe Munoz - "Elvis"

Category II: Photography

1st Place

Felix Saucedo - "Escaramuza Parade"

Place

Mel Feldman - "Up Up And Away In My Beautiful Balloon"

3rd Place

Steven Recker - "Frozen Dreams"

Category III: Jewelry

1st Place

Shirley J. Gonzales - "Glass Art by Shirley"

2nd Place

Vicenta Garcia - "Jewelry Recycle"

3rd Place

Mary C. Alvarado - "Nueva Vida"

Honorable Mention

Agripina Jimenez - "The Soup"

Category IV:

Pottery/Ceramics/Sculpture:

2nd

1st Place

Helen Montagino - "African Queen"

2nd Place

Gordon Ramsey - "Mountain Goat"

3rd Place

Helen Ramsey - "Welcome"

Category V: Fibers & Crafts:

1st Place

Carmen Zapata - "Old St. Nick & Antique Toys"

2nd Place

Diane French - "Day Lily"

3rd Place

Michael Villanueva - "An Artist's Artist Work"

Honorable Mentions

Rowena Lopez - "Silk Tie Purse"

Marlene Tucker - "Roman Bath"

Congratulations To Everyone!!

BE ON THE LOOK OUT FOR SOMETHING FUN...



Turkey Bowl

November 17

9:30 a.m.

This year our annual Turkey Bowl will be held on Thursday, November 17. Space is limited to the first 20 contestants.

Do you have what it takes to bowl a turkey and win a prize? Will defending champion make their return back to the veranda to defend the title? Will it be just as exciting as it was last year? There's only one way to find out.

Sign up Now!!!



Monthly Birthday Bash

Wednesday, November 4

Thursday, December 3

11:30 am - 12:30 p.m.

Our monthly Birthday Bash is a way for us to recognize our members who have had a birthday during the month. We recognize any member or guest who have also celebrated an anniversary during the month. Birthday Bash festivities start at 11:30 a.m. and will carry on through lunch as everyone honoree receives birthday corsage while they are serenaded with Happy Birthday tunes and various other festive favorites. Sponsored in part by Humana and HEB.

VOLUNTEERS WANTED!

...for Christmas decorating

November 20, 23, 24, & 25, 2015

As many of you may know, it takes quite a bit of work to get this place decorated for the Christmas holidays. This year decorating will start Friday November 20 with hopes of having the finishing touches put on the house by Wednesday November 25. We have a great group of volunteers helping us every year and would love to see some more fresh faces fluffing garland and bows and helping to get this place ready for the holidays.

See Jorge or Angel for more details.



Commander's House Cookie Swap

Thursday, December 17

1:30 p.m. - 3:00 p.m.

What is a Cookie Swap? Pretty much just what it sounds like: A gathering where cookie swapping takes place. It's kind of like a potluck but with cookies and since they are especially all the rage during Christmas time (not that cookies are ever not the rage) the swaps usually happen during December.

So Here's The Deal:

You show up with a 2 dozen of your favorite recipe (extra points if it's been passed down for many moons by many grandmas) and trade away. Sadly, you don't inhale them all right there. You nibble on a few and bring home the rest to share with loved ones.

How warm and fuzzy is that?

Hope to see you at the Commander's House Cookie Swap!



35th Annual Christmas Open House & Craft Sale

December 7

10:00 a.m. - 3:00 p.m.

Our 35th Annual Christmas Open House & Craft Sale is just around the corner. This year's theme is "A Story Book Christmas." Come support all our vendors and bring some friends to check out the Commander's House and see what all the fuss is about!

Entertainment and Refreshments Provided.

Vendor Tables Available \$35

Hand Painted Christmas Ornament

December 11th

1:30 pm - 3:30 pm

\$10 per set of ornaments (Supplies Included)

A great holiday gift for everyone! Join us as we show you some of the basics and paint on some ornaments to hang on your tree this year. When the workshop is over, you will have yourself some hand made Christmas ornaments for your tree or give them as gifts to your loved ones.

Space is limited so sign up today!

JOIN THE COMMANDER'S HOUSE BOOK CLUB

The club meets on a regular basis every third

Thursday of the month at 10:30 a.m. Our

Volunteer Coordinators are
Juanita Asher & Rowena Lopez

REVIEW DATES AND BOOKS FOR 2015

November 20

Any book on Ann Richards

December 15

“The School of Essential Ingredients” By Erica Bauermeister”

For more information, call (210) 207-3010



BOOK CLUB

Read a Good Book Lately?

Books are keys to wisdom's treasure;

Books are paths that upward lead;

Books are gates to lands of pleasure

Books are friends, Come, let us read

Author Unknown

November-January MEMBERSHIP PRIZE DRIVE

Renew Your Membership Today!



Membership ID cards will be verified throughout the month of January.
 Come prepared to show proof of membership.

Prize drawing will be held on February 4, 2016

Adult and Senior Program Membership Fee :

60 years+ - \$7.00

18 - 59 years \$15.00



CITY OF SAN ANTONIO
PARKS & RECREATION

December/January Dates-To-Remember

December 2015

1 - White Elephant Bingo 1:30 pm

4 - Session I Ends

6 - Christmas Open House 10:00 a.m. - 3:00 p.m.

11 - Hand Painted Christmas Ornament Craft 1:30 p.m.

14 - AARP Driver Safety Course

15 - Christmas Lunch 12:00 p.m.



16 - Christmas Lunch 12:00 p.m.

17 - Christmas Lunch 12:00 p.m.

17 - Cookie Swap 1:00 p.m.

24/25 - Center Closed / Winter Holiday

January 2016

1 - Center Closed / New Years Day

4 - Session II Begins

8 - Welcome Back New Years Potluck

15 - Artist of the Month Returns to Commander's House



**CITY OF SAN ANTONIO
PARKS & RECREATION**

**Commander's House Adult and
Senior Community Center**

622 S. Flores
San Antonio, Texas 78204

Step Up to Recreation!

Staff:

**Gloria De La Cruz-Sandoval,
Community Center Supervisor**

**Jorge De La Rosa Jr.,
Community Center Leader**

**Angel Ruiz,
Community Center Leader**

**Albert Rodriguez
Kitchen Chef**



Partner in the
Senior Community

Eighteen Years!



Helping Here.

MEMBERSHIP FEE:

\$7 Per Person Per Year 60yrs. & Over
\$15 Per Person Per Year 18yrs. - 59yrs.

COBRO de MEMBRESIA:

\$7 Por Ano, Por Persona 60+
\$15 Por Ano, Por Persona 18anos - 59anos

HELPFUL NUMBERS:

San Antonio Non-Emergency Information.....Dial 311
Elderly & Family Services.....Dial 211

LUNCH RESERVATIONS CALL 210.207.3010

Remember: Your membership is also good at Lions Field Adult and Senior Center at 2809 Broadway (210) 207-5380, Granados Adult and Senior Center at 500 Frieling (210) 207-3285, and the Virginia Gill Community Center at 7902 Westshire (210) 207-3237.